



BLUE BONNET PRESENTS

COLONIAL AMERICAN RECIPES



Recreated for Today's Homemaker

AN INTRODUCTION TO COLONIAL COOKING

The year was 1776; the smells of supper cooking filled the air. The preparation of this meal had been an all-day affair. The fire that burned in the hearth had been dutifully tended from before sun-up, for indeed, well-cooked meals required many, many hours of cooking.

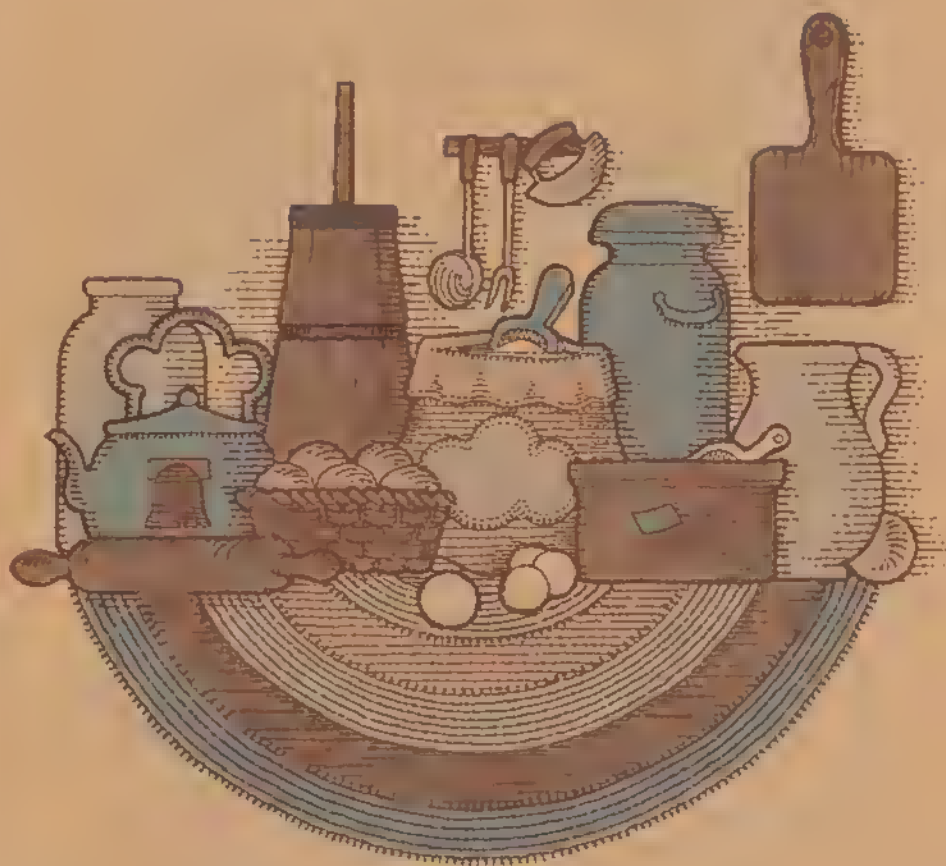
The wooden table was laden with tasty food — a meal to which everyone in the family had contributed. The clams for the soup had to be dug by the sons, the pheasant was shot and cleaned by the father, the girls ground grain to flour, and finally, mother did most of the cooking herself.

Very little of the food that covered the table was bought. It was either taken or grown. The few things that were bought were essentials like spices and salt (both indispensable to curing, preserving and seasoning) and molasses, the main sweetener. Sugar, a very expensive luxury, was rarely used.

Once food stuffs were obtained, the process of cooking was a long and arduous one. The fires, although constantly stoked, provided only low heat, so breads and pies that were baked in the fireplace ovens had to be left overnight. Because the procurement of food was time-consuming and difficult, the Colonial people could not afford any waste. Everything had to be used. Casseroles and stews allowed the cook to use even the toughest meats and all manner of vegetables, and still produce an edible and tasty meal. Wild fowl, venison, hogs and the beef of cows too old to produce milk, were perfect for such slow-cooked meals. Hours of simmering tenderized the meats and blended the flavors into savory, nutritious stews.

Except for large, self-sustained manor houses, all family activities, including cooking and eating, took place in one large room. The clumsiness of the large and unwieldy

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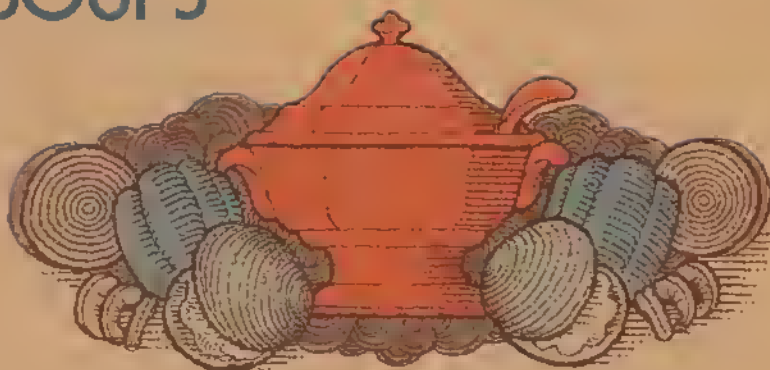


utensils complicated cookery. The heavy metal kettles were hard to manipulate and each utensil had to be used in a variety of ways. The Colonial cook had to be particularly careful that her long skirts did not catch fire as she cooked her food!

For today's homemaker with a modern kitchen and cooking utensils, cooking is relatively uncomplicated compared with 200 years ago. This collection of simple Colonial recipes, has been developed by Blue Bonnet Margarine, so that you can prepare and enjoy the food of this historic period with minimum difficulties and maximum ease.

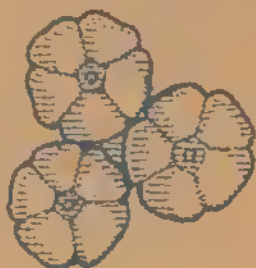


SOUPS



Philadelphia Pepper Pot Makes 12 servings

- 2 1/2 pounds veal shank, cracked
- 4 tablespoons Blue Bonnet Margarine
- 2 quarts water
- 1/2 teaspoon black peppercorns
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon thyme leaves
- 1/4 teaspoon ground marjoram
- 1 cup unsifted flour
- 1 cup chopped onion
- 1 cup sliced celery
- 1/2 cup diced green pepper
- 1/2 cup sliced carrots
- 1 tablespoon salt
- 1 can (1 pound) tomatoes, undrained
- 1/4 cup elbow macaroni
- 2 tablespoons minced parsley



Brown veal on all sides in saucepot in 1 tablespoon Blue Bonnet Margarine. Add water, peppercorns, red pepper, ground pepper, thyme and marjoram. Bring to a boil. Reduce heat, cover and simmer 2 hours. Strain stock through several thicknesses of cheesecloth. Cover and chill several hours or until fat hardens on surface. Dice veal; refrigerate.

Remove and discard hardened fat from stock. Melt remaining 3 tablespoons Blue Bonnet Margarine in saucepot. Remove from heat; blend in flour. Add onion, celery, green pepper, carrots and salt. Chop tomatoes; blend into vegetable mixture. Cook over medium heat, stirring constantly, until mixture comes to a boil. Stir in stock. Bring to a boil. Add macaroni. Boil 20 minutes, stirring occasionally, until macaroni is tender. Add veal and parsley. Heat through.



Clam Stew Makes 4 servings

- 1 can (10¹/₂-ounces) minced clams
- 1 cup Blue Bonnet Margarine
- 1/2 cup thinly sliced celery
- 1/3 cup chopped onion
- 3 tablespoons unsifted flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups milk



Drain clams, reserving liquor. Set aside

Melt Blue Bonnet Margarine in a saucepan; saute celery and onion until tender. Stir in flour, salt and pepper until smooth; cook until bubbly, stirring constantly. Remove from heat, gradually blend in milk and reserved clam liquor. Return to heat and continue cooking, stirring constantly until mixture boils. Add clams; continue cooking for 1 to 2 minutes longer.

King's Onion Soup Makes 6 servings

- 1 1/2 cup Blue Bonnet Margarine
4 cups sliced onion
2 tablespoons unsifted flour
1 1/2 teaspoons salt
Pinch of ground mace
4 cups milk



In a large heavy saucepan melt Blue Bonnet Margarine. Add onion: saute until tender. Blend in flour, salt and mace. Gradually stir in milk. Bring mixture to a boil, stirring constantly. Cook 1 minute longer.

Lentil Soup Makes 12 servings

- 1/2 cup (1 stick) Blue Bonnet Margarine
2 cups chopped onion
1 pound dried lentils
10 cups water
2 tablespoons chopped parsley
2 teaspoons salt
1/4 teaspoon pepper
2 bay leaves



Melt Blue Bonnet Margarine in a large heavy saucepan. Add onion and saute until tender, about 5 minutes. Stir in lentils, water, parsley, salt and pepper. Add bay leaves. Bring to a boil. Cover; reduce heat and let simmer 1½ to 2 hours or until lentils are tender. Discard bay leaves. Puree in blender if desired.

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MAIN DISHES



Scalloped Clams Makes 4 to 6 servings

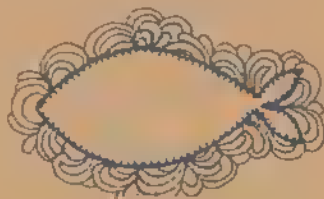
- 2 cups coarse cracker crumbs
- 1/2 cup (1 stick) Blue Bonnet Margarine, melted
- 1/8 teaspoon pepper
- 2 cans (10 1/2-ounces each) minced clams
- 1 cup light cream
- 1/4 teaspoon Worcestershire sauce

In a bowl combine cracker crumbs, Blue Bonnet Margarine, and pepper. Spread half of the crumb mixture in greased shallow 8-inch round casserole. Drain clams reserving 1/4 cup liquid. Top crumbs with clams. Cover with remaining crumb mixture.

Combine cream, reserved clam liquor and Worcestershire sauce. Pour over clam mixture. Bake at 350°F. about 30 minutes or until lightly browned.

Baked Cod Makes 2 to 3 servings

- 1 pound fresh cod fillets
- 1 tablespoon lemon juice
- 1/2 teaspoon salt, 1/8 teaspoon pepper
- 1/8 teaspoon paprika
- 3 tablespoons Blue Bonnet Margarine



Place cod fillets in shallow greased baking dish. Sprinkle fillets with lemon juice, salt, pepper and paprika. Dot fish with Blue Bonnet Margarine. Bake at 375°F. 15 to 20 minutes or until fish flakes easily when tested with a fork.

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Clam Cakes Makes 10 cakes

- 2 eggs, slightly beaten
2 cans (10¹/₂-ounces each) minced clams, drained
1/2 cup clam liquor
1 cup fine dry bread crumbs
1 tablespoon chopped parsley
1 teaspoon grated onion
1/8 teaspoon pepper
4 tablespoons Blue Bonnet Margarine
Lemon slices



In large bowl, combine eggs, clams, clam liquor, bread crumbs, parsley, onion and pepper. With hands, shape mixture into 10 patties each about 2½ inches in diameter.

In a large skillet melt 2 to 3 tablespoons of Blue Bonnet Margarine. Add as many cakes as will fit in skillet without crowding. Fry over moderate heat until golden brown on underside, about 2 to 3 minutes. Carefully turn cakes over and brown other side, about 2 to 3 minutes. Repeat with remaining margarine and clam cakes until all cakes are fried. Serve with fresh lemon slices.

Jambalaya Makes 6 to 8 servings

- 1 1/4 cup (1 1/2 stick) Blue Bonnet Margarine
- 1 pound cooked ham, cut into strips
- 1 cup diced green pepper
- 1 cup sliced onion
- 2 cloves garlic, minced
- 1 cup uncooked rice
- 1 teaspoon salt
- 1/4 teaspoon basil leaves, crushed
- 1/8 teaspoon pepper
- 1/8 teaspoon thyme leaves, crushed
- 1 can (1 pound) tomatoes, undrained
- 1 cup chicken broth
- 1 pound raw shrimp, shelled and deveined



Melt Blue Bonnet Margarine in Dutch oven or a large heavy saucepan. Add ham, green pepper, onion and garlic; saute until onion is transparent, about 5 minutes. Add rice, salt, basil, pepper, thyme, tomatoes and chicken broth. Bring to a boil. Cover and cook over low heat 10 minutes. Stir in shrimp and cook 15 to 20 minutes longer or until rice is tender, and most of the liquid is absorbed.



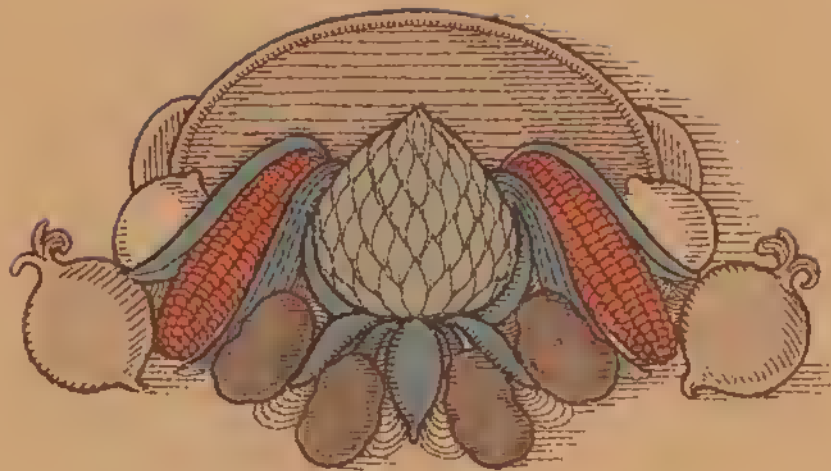
Makes 6 to 8 servings

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Pastry Dough: In a small bowl combine 1 cup unsifted flour and 1/2 teaspoon salt. Cut in 1/3 cup Blue Bonnet Margarine until mixture resembles coarse meal. Add 2 to 3 tablespoons ice water and mix lightly. Form into a ball.



VEGETABLES



Carrot Pudding Makes 6 servings

- 1 tablespoon cornstarch
- ¹/₂ cup milk
- 2 eggs, separated
- ¹/₄ cups (1 pound raw) hot cooked mashed carrots
- 3 tablespoons Blue Bonnet Margarine, softened
- 2 tablespoons sugar
- 1 teaspoon salt
- ¹/₈ teaspoon nutmeg
- ³/₄ cup light cream
- 2 tablespoons Dry Sack Sherry
- ¹/₂ cup fine dry bread crumbs



In a saucepan combine cornstarch and milk. Cook over low heat, stirring, until sauce is smooth and thickened. Remove from heat. In small bowl, beat egg yolks slightly. Beat small amount of hot sauce into egg yolks; slowly pour egg mixture into sauce, stirring constantly. Return to heat; cook, stirring until mixture is bubbly. Stir in carrots, Blue Bonnet Margarine, sugar, salt, nutmeg, cream, Dry Sack Sherry and bread crumbs.

Beat egg whites until stiff but not dry. Carefully fold into carrot mixture. Pour into greased 1½-quart casserole. Set in a shallow pan of hot water and bake at 350°F. about 60 minutes or until knife inserted in center comes out clean. Serve immediately.



Jerusalem Artichokes Makes 4 servings

- 1 pound Jerusalem artichokes, pated
- 3 cups boiling water
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) Blue Bonnet Margarine
- 2 tablespoons lemon juice
- 1 tablespoon chopped parsley
- $\frac{1}{4}$ teaspoon salt



Drop artichokes into boiling water; return to boiling. Cook 15 minutes or just until tender. Drain.

Melt Blue Bonnet Margarine in a small saucepan; stir in lemon juice, parsley and salt. Pour over artichokes, toss to coat well.

Corn Custard Pudding Makes 4 to 6 servings

- 1 cup milk
- 2 tablespoons Blue Bonnet Margarine
- 2 eggs
- 1 teaspoon sugar
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 can (12-ounces) golden whole kernel corn, drained
- 1 tablespoon minced onion
- 1 tablespoon minced green pepper



Scald milk; stir in Blue Bonnet Margarine until melted.

In small deep bowl, beat eggs, sugar, salt and pepper slightly. Slowly add milk mixture. Stir in corn, onion and green pepper.

Pour into greased 1-quart casserole. Set in a shallow pan of hot water and bake at 350°F. about 35 minutes or until knife inserted in center comes out clean.

Glazed Onions with Peanuts Makes 6 servings

- 2 pounds small white onions, peeled
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) Blue Bonnet Margarine
- $\frac{1}{2}$ cup chopped Planters Cocktail Peanuts
- 6 tablespoons dark brown sugar
- $\frac{1}{4}$ teaspoon paprika

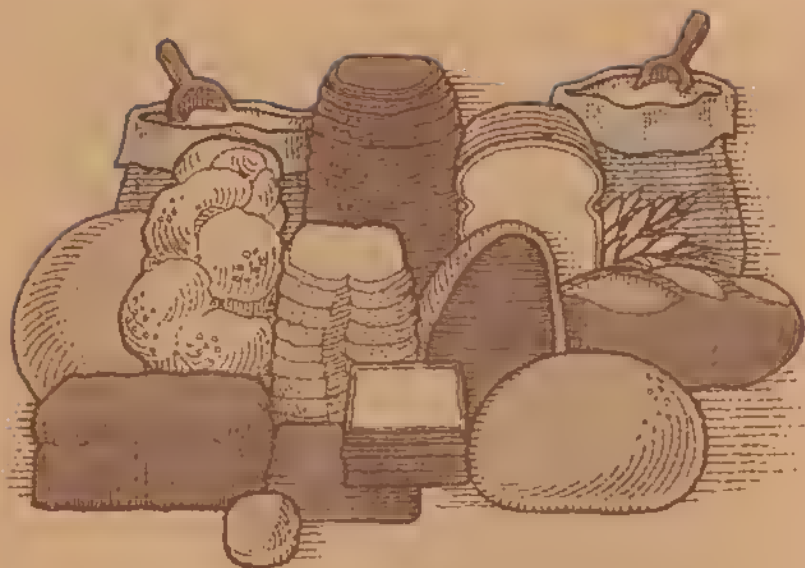


Cook onions in boiling salted water 15 minutes or until tender. Drain.

Heat Blue Bonnet Margarine in saucepan. Add onions and chopped Planters Cocktail Peanuts. Sprinkle with dark brown sugar. Cook over low heat about 10 minutes or until onions and peanuts are glazed, turning and basting frequently. Sprinkle with paprika. Serve hot.



BREADS



Sally Lunn Makes 1 large loaf or 2 small loaves

- ¹/₂ cup warm water (105°F – 115°F)
- 1 package Fleischmann's Active Dry Yeast
- 1 cup warm milk
- ¹/₂ cup (1 stick) softened Blue Bonnet Margarine
- ¹/₄ cup sugar
- 2 teaspoons salt
- 3 eggs, well beaten (at room temperature)
- 5³/₄ cups unsifted flour (about)

Measure warm water into large warm bowl. Sprinkle in Fleischmann's Active Dry Yeast; stir until dissolved. Add milk, Blue Bonnet Margarine, sugar, salt and eggs. Stir in 3 cups flour. Beat until well-blended, about 1 minute. Stir in enough remaining flour to make a soft dough. Cover, let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Stir down; spoon into a well-greased and floured 10 inch tube pan or 2 well-greased 9x5x3-inch loaf pans. Cover, let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake large loaf at 400°F, about 30 minutes, or until done. Bake small loaves at 375°F, about 30 minutes, or until done. Remove from pans and cool on wire racks.

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Apple Corn Bread Makes 8 servings

- 4 cups sliced apples, pared
- 3 tablespoons sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- $1\frac{1}{4}$ cups white corn meal, $\frac{1}{2}$ cup unsifted flour
- 1 tablespoon baking powder, $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{2}$ cups milk, 1 egg, beaten
- $\frac{1}{4}$ cup Blue Bonnet Margarine, melted



Place apples in greased shallow 2-quart baking dish. Combine 1 tablespoon sugar and cinnamon. Sprinkle over apples; set aside.

Combine corn meal, flour, remaining 2 tablespoons sugar, baking powder and salt in a bowl. Add milk, melted Blue Bonnet Margarine and egg; beat until fairly smooth. Pour mixture over apples.

Bake at 375°F . 30 minutes or until done. Serve warm.

Rich Biscuits Makes $1\frac{1}{2}$ dozen

- 2 cups unsifted flour
- 4 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup (1 stick) Blue Bonnet Margarine, $\frac{1}{2}$ cup milk



Combine flour, baking powder and salt in a bowl. Cut in Blue Bonnet Margarine with pastry blender or two knives until mixture resembles coarse meal. Quickly stir in milk. Gather dough into a ball; turn out onto lightly floured surface and knead about 10 times.

Roll dough out to $\frac{1}{2}$ -inch thickness. Cut with 2-inch round biscuit cutter. Place biscuits on ungreased baking sheet. Chill 1 hour, if desired. Bake at 425°F . 12 minutes or until lightly brown. Serve warm.

Spoon Bread Makes 8 to 10 servings

- 1 cup white corn meal
- 1 teaspoon salt
- $1\frac{1}{2}$ teaspoons sugar
- $1\frac{1}{3}$ cups boiling water
- 6 tablespoons Blue Bonnet Margarine, 3 eggs
- 4 teaspoons baking powder, $1\frac{1}{3}$ cups milk

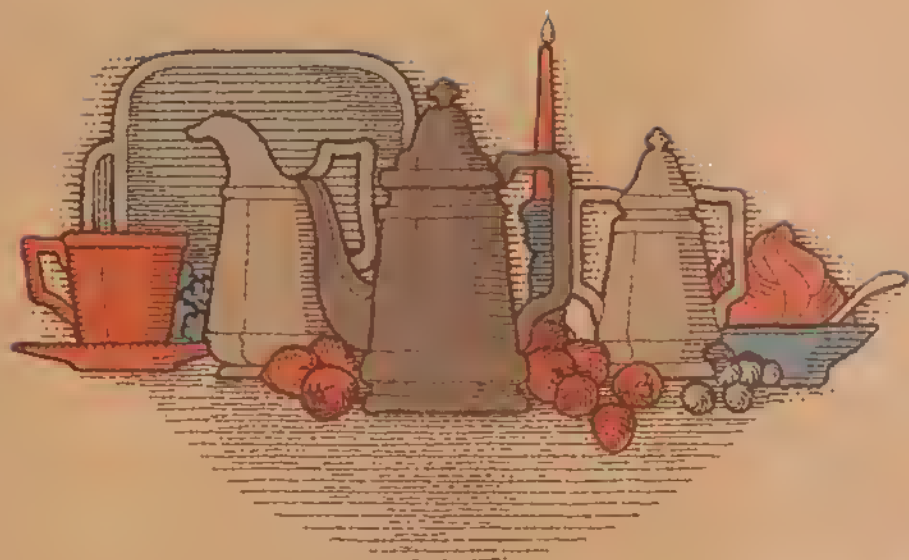


Combine corn meal, salt and sugar in large bowl. Gradually stir in boiling water. Add margarine. Cool to lukewarm. Beat eggs until light and foamy. Mix eggs and baking powder into corn meal mixture. Stir in milk. Pour into greased $12 \times 7\frac{1}{2} \times 2$ -inch baking dish.

Bake at 350°F . in pan of hot water about 1-inch deep 35 to 40 minutes, or until top is lightly browned. Serve hot.

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DESSERTS



Pound Cake Makes 2 cakes

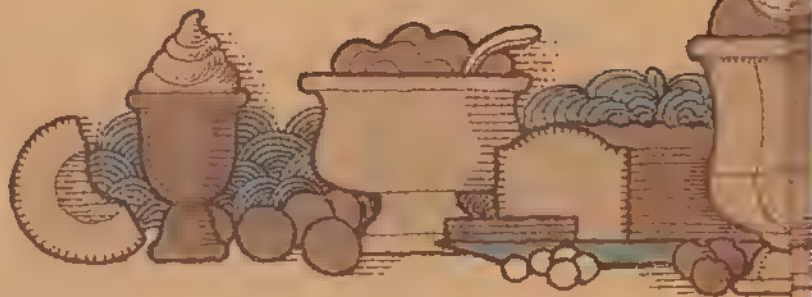
- 1 cup (2 sticks) Blue Bonnet Margarine
- 1 cup sugar
- 1 cup confectioners' sugar
- 4 eggs, separated
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 3 cups sifted flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup milk



Have all ingredients at room temperature. Cream Blue Bonnet Margarine. Sift the two sugars together and gradually add to the margarine, blending well after each addition. Add the egg yolks, one at a time, beating after each one until smooth. Add vanilla and almond extracts. Sift flour, baking powder and salt together. To the margarine mixture alternately add flour and milk, starting and ending with flour. Beat egg whites until stiff; fold into batter.

Pour batter into 2 greased and floured 8¹/₂ x 4¹/₂ x 2¹/₂-inch loaf pans. Bake at 350°F about 1 hour, or until done. Let stand in pans 10 minutes. Remove cakes and place on wire racks to cool.





Edenton Tea Party Cakes Makes 5 dozen

- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) Blue Bonnet Margarine
- 2 cups firmly packed light brown sugar
- 1 teaspoon vanilla extract
- 3 eggs, 3 $\frac{1}{2}$ cups unsifted flour
- 1 teaspoon baking soda, $\frac{1}{4}$ teaspoon salt

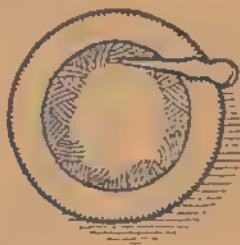
Cream Blue Bonnet Margarine; gradually add sugar. Mix in vanilla extract. Add eggs, one at a time, beating well after each addition. In separate bowl, combine flour, baking soda and salt. Stir into margarine mixture. Blend well. Divide dough in half; cover each half with aluminum foil and refrigerate 2 hours or until firm enough to handle.

On a lightly floured board, roll each half of cookie dough to $\frac{1}{8}$ -inch thickness. Using a 2 $\frac{1}{2}$ -inch round cookie cutter, cut out circles and place on greased baking sheets.

Bake at 400°F. 5 to 8 minutes, or until done. Remove from baking sheets and cool on wire racks.

Indian Pudding Makes 6 servings

- 3 cups milk
- $\frac{1}{2}$ cup yellow corn meal
- $\frac{1}{4}$ cup molasses
- 1 egg, slightly beaten
- 2 tablespoons Blue Bonnet Margarine
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon baking powder. Sweetened whipped cream



In a medium sized saucepan, combine 1 $\frac{1}{2}$ cups milk, corn meal, molasses, egg, Blue Bonnet Margarine, sugar, salt and baking powder. Cook, stirring constantly, until mixture thickens and comes to a boil. Pour into a shallow greased 1 $\frac{1}{2}$ -quart casserole. Pour remaining 1 $\frac{1}{2}$ cups milk over top, do not stir in.

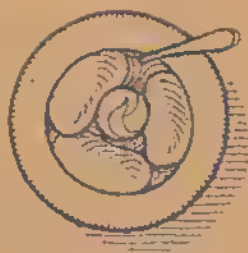
Bake at 250°F. about 3 hours. Serve warm with whipped cream.





Sweet Potato Pudding Makes 6 to 8 servings

- 3 eggs, separated
- 2 cups cooked mashed sweet potatoes
- 1/2 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 1/2 cup milk
- 1/3 cup Blue Bonnet Margarine, melted
- 3 tablespoons brandy; Sweetened whipped cream



Beat egg yolks. Stir in sweet potatoes, sugar, cinnamon, cloves and nutmeg. Mix in milk, Blue Bonnet Margarine, and brandy.

Beat egg whites until stiff, but not dry. Fold into sweet potato mixture. Pile into greased deep 2-quart casserole.

Bake at 350°F. 1 hour or until browned on top. Serve warm with sweetened whipped cream.

Beggar's Pudding Makes 8 to 10 servings

- 2 1/2 quarts cubed stale white bread (about 20 slices)
- 2 1/2 cups hot water
- 1 cup sugar
- 3 tablespoons Blue Bonnet Margarine, melted
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/2 cup currants; Whipped cream

In a large bowl pour hot water over bread cubes; let stand 5 minutes. Mash soaked bread. Stir in sugar, melted Blue Bonnet Margarine, ginger, cinnamon, salt, vanilla and currants.

Press pudding into greased 9-inch spring form pan. Bake at 350°F. for 35 minutes. Serve hot or cold with whipped cream.



